

## CLAIMS

1. Shoe or footwear item for racket sport, comprising a sole whose outer face (1a) is intended to come into contact with the ground and of which the inner face (2b) is intended to come into contact with the foot of a user, characterized in that the sole comprises a dynamic  
5 element intended to store and release energy when said sole is subjected to lateral stresses, comprising, on the one hand, a return plate (3) positioned in the sole so as to extend at least partially beneath a zone corresponding to the arch of the foot and at least partially beneath a zone corresponding to the front part of the foot and, on the other hand, at least two elastically deformable lateral ground-support parts which are located longitudinally on either side of a  
10 support zone of the metatarsus.
2. Shoe according to Claim 1, characterized in that the return plate (3) comprises four branches (4 to 7, 4' to 7') defining for example the form of an X, each of the branches (4 to 7, 4' to 7') bearing on a support element (4a, 5a, 6a, 7a).
3. Shoe according to Claim 2, characterized in that the four branches (4, 5, 6, 7) are  
15 connected together.
4. Shoe according to Claim 2, characterized in that the four branches (4', 5', 6', 7') are connected in twos to constitute two independent pairs.
5. Shoe according to any one of Claims 2 to 4, characterized in that the support elements (4a, 5a, 6a, 7a) are located above the return plate (3).
- 20 6. Shoe according to any one of Claims 2 to 4, characterized in that the support elements (4a, 5a, 6a, 7a) are located below the return plate (3).
7. Shoe according to any one of Claims 2 to 6, characterized in that the support elements (4a, 5a, 6a, 7a) are located on and in the vicinity of the periphery of an inner face (1b) of an outer layer (1) of the sole, so as to define four ground-support zones on the inner face (1b).

8. Shoe according to any one of Claims 2 to 7, characterized in that each support element (4a, 5a, 6a, 7a) is an added compressible part.

9. Shoe according to any one of Claims 2 to 8, characterized in that the return plate (3) presents a central part (8) extending longitudinally with respect to a longitudinal axis (L) of the sole, the branches (4, 5, 6, 7) extending obliquely towards the support elements (4a, 5a, 6a, 7a) from said central part (8).

10. Shoe according to Claim 9, characterized in that the central part (8) presents a transverse groove (9), located in said sole at the level of the zone corresponding to the positioning of the metatarsus thus allowing an elastic deformation of the return plate (3) along an axis substantially normal with respect to the longitudinal axis (L).

11. Shoe according to any one of Claims 1 to 10, characterized in that the return plate (3) presents excess thicknesses (3a) at least locally.

12. Shoe according to Claim 11, characterized in that the excess thicknesses (3a) are made of elastic material and are locally thinned.

13. Shoe according to any one of Claims 1 to 12, characterized in that the lateral supports constitute supports antagonistic in twos.

14. Shoe according to any one of Claims 1 to 13, characterized in that the dynamic element is a return plate (3) with memory of shape.

15. Shoe according to any one of Claims 5 to 14, characterized in that the return plate (3) is fixed, for example by adhesion on the inner face (1b) of the outer layer (1).

16. Shoe according to any one of Claims 5 to 15, characterized in that the return plate is located between the outer layer (1) and an intermediate layer (2) which are disconnected at least locally.

17. Shoe according to Claim 3, characterized in that the branches (4 to 7) of the return plate (3) are integral with one another.

18. Shoe according to Claim 4, characterized in that the return plate (3) comprises at least two V-shaped pieces mounted in opposition.